

FARMER TO FARMER - PRACTICES FOR RESILIENCE SERIES

SEFITO, THE DROUGHT SURVIVOR

Niueans recognise the *Sefito* as the ultimate drought survivor. Veteran organic farmer Valu Tukiuha said that even when most crops have died from the long dry, the *Sefito* perseveres. He said the *Sefito*'s bulbous stem base stores water helping it survive.

The *Sefito* has been part of Niuean diets for generations and is considered an ancestral plant and particularly used during times of famine. The Pacific Organic and Ethical Trade Community (PCETCom) is encouraging the increased production of traditional crops that are resilient enough to withstand the ravages of climate change and are good for the nutritional wellbeing of Pacific Island communities.

Unlike before, planting of *Sefito* has declined, corresponding to an increase in processed foods in Niuean diets

Step 1: Get planting material



Bulbous stem base that stores water

A photograph showing a person's hands holding a Sefito plant. The plant has a thick, dark, bulbous root and a long, green stem with a large, broad leaf. The background is a lush green field under a blue sky. The text is overlaid on a yellow and green background.

Step 2

Dig a hole about six (6) inches deep. Plant *Sefito*

Sefitos are kept as food reserves in the ground and harvested when they are needed.

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